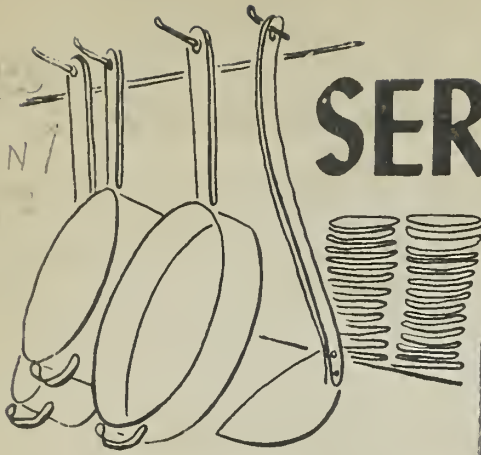


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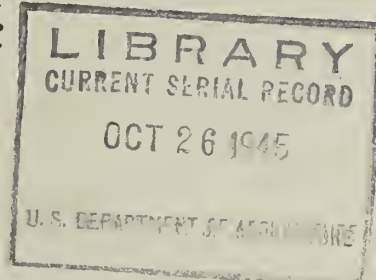
Do not assume content reflects current scientific knowledge, policies, or practices.

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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals



WAR FOOD ADMINISTRATION
Commodity Credit Corporation
Office of Supply

Vol. 3, No. 29

July 23, 1945

SPECIAL NOTE -- A NEW TITLE

The "Attention Please" bulletins will now be coming to you under a new heading with the title "Serving Many."

"Serving Many" has been the title used nationally on a monthly bulletin which will now come to you weekly.

- DEFEATING RATION POINT GREMLINS -

Now that meat and fat point allotments have been cut, it is more necessary than ever to keep the points from "disappearing" too fast. POINT BUDGETING and the use of MEAT STRETCHERS can't be emphasized too much. Below are suggested balanced menus for seven days which offer a variety over the week yet call for low point meats generally and stretchers, and are planned to keep within the present maximum institutional allotment. Only one sliced meat, pot roast, is offered, and is balanced by meatless items on other days.

1.

Pot roast with noodles
or
Baked mackerel fillets with dressing

Parsleyed carrots Green beans

Jello or Pound cake

Beverage

2.

Meat loaf, brown gravy
or
Ravioli with spinach

Wax beans Browned potatoes

Chocolate pudding or Pie

Beverage

(Over)

3.

Meat and vegetable pie, biscuit crust
 or
 Baked bean croquettes
 Harvard beets Mashed potatoes
 Applesauce or Cake
 Beverage

4.

Hamburger balls with Spanish rice
 or
 Creamed codfish and diced potatoes on toast
 Coleslaw Spinach
 Fresh fruit or Pie
 Beverage

5.

Liver and Onions
 or
 Baked hash with pickled beets
 Au gratin potatoes
 Sliced melon or vanilla pudding
 Beverage

6.

Hungarian goulash with noodles
 or
 Stuffed bell peppers
 Zucchini Mashed potatoes
 Cabinet pudding or Pie
 Beverage

7.

Baked Cod Creole
 or
 Spanish rice with diced frankfurters
 Butter beans Coleslaw
 Fruit jello or Cake
 Beverage

It must be remembered that for every serving of meat over the point allotment per meal at least one meal of non-rationed items must be served to make up for it.

Size of Portions -

The size of the food portions should be adequate to provide at least 1,000 calories and one-third of the day's nutritive requirements. To help you establish the proper size portions the following table is repeated from the April 9 bulletin:

<u>Kind of Food</u>	<u>Quantity</u>
Roasted Meats.....	3 to 3-1/2 ounces, cooked weight
Braised and fried meats.....	4 ounces or more, cooked weight
Fish.....	4 ounces or more, cooked weight
Eggs.....	1 or more
Meat extender dishes.....	6 oz. - or more if gravy or sauce incl.
Meat alternate dishes.....	6 to 8 ounces
Potatoes.....	4 ounces
Cooked vegetables.....	3-1/2 to 4 oz. (about 1/2 cup)
Chopped and diced salads.....	4 oz. (about 1/2 cup)
Bread.....	2 slices or more
Puddings.....	4 oz. (about 1/2 cup)
Pies.....	1/6 or 1/7 of 9-inch pie
Cake.....	2-inch square, or the equivalent
Milk.....	8 ounces